

A Lack of Knowledge and a Fear of Food Triggers Suffering in Patients with a History of Acute Diverticulitis: An Interpretative Phenomenological Analysis

Eberhardt, Fiona; Jenkins-Chapman, Julie; Nucera, Romina; Dalwood, Phoebe; Canavan, Russell; Marshall, Skye

Published in:
Clinical Nutrition

DOI:
[10.1016/S0261-5614\(19\)32165-X](https://doi.org/10.1016/S0261-5614(19)32165-X)

Licence:
CC BY-NC-ND

[Link to output in Bond University research repository.](#)

Recommended citation(APA):
Eberhardt, F., Jenkins-Chapman, J., Nucera, R., Dalwood, P., Canavan, R., & Marshall, S. (2019). A Lack of Knowledge and a Fear of Food Triggers Suffering in Patients with a History of Acute Diverticulitis: An Interpretative Phenomenological Analysis. *Clinical Nutrition*, 38(S1), S180. [MON-PO330].
[https://doi.org/10.1016/S0261-5614\(19\)32165-X](https://doi.org/10.1016/S0261-5614(19)32165-X)

General rights

Copyright and moral rights for the publications made accessible in the public portal are retained by the authors and/or other copyright owners and it is a condition of accessing publications that users recognise and abide by the legal requirements associated with these rights.

For more information, or if you believe that this document breaches copyright, please contact the Bond University research repository coordinator.

Corrupted diet-disease knowledge and fear of food trigger suffering in patients with a history of acute diverticulitis

An interpretative phenomenological analysis



skye_marshall@bond.edu.au; @DrSkyeMarshall

Introduction

The inpatient dietary management for acute diverticulitis routinely includes dietary restrictions despite a lack of evidence for this approach.

The lack of qualitative research prevents understanding the patient experience, which is a barrier to providing patient-centred care.

Findings

Participants' described experiencing a phenomenon we have called the "fear of food framework"; which sits within a context of "corrupted diet-disease knowledge" and is triggered by a "fear of food".

Purpose

To understand the impact of dietary restrictions for the management of acute diverticulitis on patient experience.

Methods

Four semi-structured in-depth face-to-face interviews were conducted with adult patients admitted to a public hospital in South East Queensland, Australia, for acute, uncomplicated diverticulitis treatment. All participants had experienced acute diverticulitis previously, with the first episode ranging from 6-months to 30-years ago.

Interviews were analyzed following the interpretative phenomenological analysis (IPA) framework.

Cycle recommences with increased fear of food

"I'm more dubious [about food] now... I'm going to work harder"

Dietary restrictions

"I'm very careful with foods that I do eat, I'm a bit nervous"

Loss of culture

"we..had Christmas, my husband kept telling me 'you can't eat that'"

Internal locus of control

"I've just got to deal with it...It's your[own] fault you're in here"

Outcome: Psychological pain

"they're not the one suffering"

Trigger: Fear of food

Food was used as a vehicle of blame and causality for the unknown aetiology of diverticulitis occurrence

Social stigmatization

"they [friends] laugh at me"

Diet "failure"

"after I had the food yesterday that's when I had the big pain"

Vulnerability and burden

"The doctors said I can only have clear fluids obviously its common practice with the disease"

Corrupted diet-disease knowledge
patients, family, health professionals